

Accessible
Community
Transportation
In Our Nation

Smart Growth and Senior Mobility

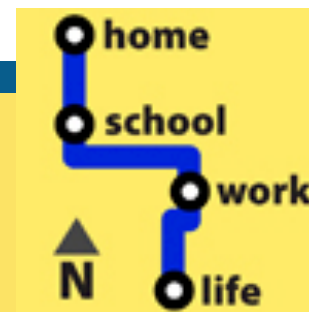


**Partners in Smart Growth
Conference
Feb. 5, 2011**

Easter Seals Project ACTION
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Senior Director



Healthy Aging Imperative



- 85+ population will grow by 74%
- 36% people over 65 report having a disability*
- 51.5% of Older Adults over 75 have disabilities (28M people are 70 or older)
- 23% of older adults over 65 report being obese*
- 32.5% of older adults over 65 have no leisure time physical activity*
- 80% of people older than 60 are living with one chronic illness, but 50% older than 60 are living with two chronic illnesses (CDC, 2003)
- Chronic disease accounts for 75% of healthcare costs

*(CDC, 2007)

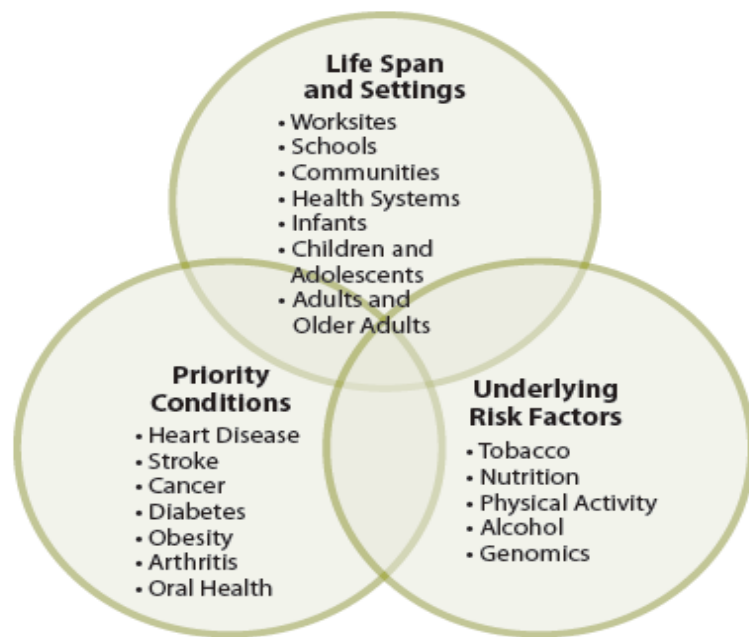
Trends in Driving = Need for more Transportation Choices

- 31M older licensed drivers in 2007 (19% increase since 1997)
- Nearly 1 M persons age 70+ stop driving each year
- Gap between Driving Expectancy
 - & Life Expectancy
 - Men 6/7yrs.
 - Women 10yrs.



DHHS, Community Mobility, HCBS and Chronic Conditions

Framework for Preventing Chronic Disease and Promoting Health



- CDC CDC's National Center for Chronic Disease Prevention and Health Promotion

- Dept. of Health and Human Services Community Living Incentives

- Money Follows the Person
- Housing and HHS partnerships

From <http://www.cdc.gov/chronicdisease/resources/publications/AAG/chronic.htm>

Smart Growth Can Reduce Community Chronic Disease

- It promotes safe walking & reduce pedestrian fatalities
- Provides healthier environment to live in
- Provides access to health and preventive care
- Helps people age at home
- It improves social connections potentially reducing depression and substance abuse
- Access to transportation options ensures transitioning from hospital to home for rehabilitation
- Caregiver transportation options help caregivers



Economic Benefits of Smart Growth for Seniors

- **Reduces business costs:** Metlife study 7M working caregivers employers lose \$ 36.3B annually due to lost productivity
- **Helps families retain assets:** cost of family based long-term care \$ 375B vs. \$ 97B Medicaid (Medstat Medicaid Figures)
- **Reduces LTC costs:** Community based long-term care vs. institutional care (\$ 26K vs. \$ 9K per year person, AARP)
- **Reduces transit cost:** fixed route trips vs. paratransit trips (\$ 5/ride vs. \$ 30-65/ride*) 10B trips taken a year (APTA)



*estimates based on various public transit sources

Take Community Action



- Knoxville-Knox County Community Action (Tenn.)
- ACCESS Transportation (Pa.)
- Southwest Michigan Planning Commission
- Houston Transit
- Develop volunteer assisted transportation program, taxi certification
- Use cell phone technology to provide information on arrival time for vehicles
- Implement regional routing and scheduling systems
- Promote Taxi vouchers and partnerships

Implement Person-Directed Mobility Management

- Provides information so people can choose the right transportation option for them
- Requires dual community analysis
 - Accessibility needs of people
 - Assessment of in the community
- Identifies and fills gaps in livability/accessibility
- Start Mobility Coaching & Counseling Programs



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Increase Public Involvement in Planning



Promote Mobility Options Inter-generationally with Broad Partnerships



- Marketing
 - Public service announcements
 - Up to date accessible websites & social networking
 - Regular communication, newsletters, success stories
- One Call Centers
- Partner – schools, senior centers, senior communities....
- Cover all access points to address mobility needs
 - Department of Motor Vehicles
 - Hospitals

The Result – Greater Senior Mobility through A Coordinated, Accessible Multi-Modal System

- Public transit
- Accessible Taxis
- Volunteer driver programs
- Shared ride & vanpools
- Caregiver transportation programs
- Accessible paths of travel
- Highway signage that is senior friendly
- Recreation & leisure transportation
- Schools and university transportation



Federal Transit Administration Cooperative Agreement Centers

Easter Seals Project ACTION Accessible Transportation Center

- Expand accessible transportation **for people with disabilities** of all ages
- Audience – transportation and disability community

National Center on Senior Transportation – Easter Seals and National Association of Area Agencies on Aging

- Expand family of transportation services **for older adults**
- Audience – human services and transportation community

Technical Assistance Center Functions

- **Training** – webinars, distance learning, conference calls, travel training, mobility planning services
- **Technical Assistance** – toll-free number, e-mail
- **Outreach** – conferences, disseminate useful materials, website, newsletter, partner with other national organizations
- **Applied Research** – Research contracts, Student Scholars programs and various community grants

Free Resources

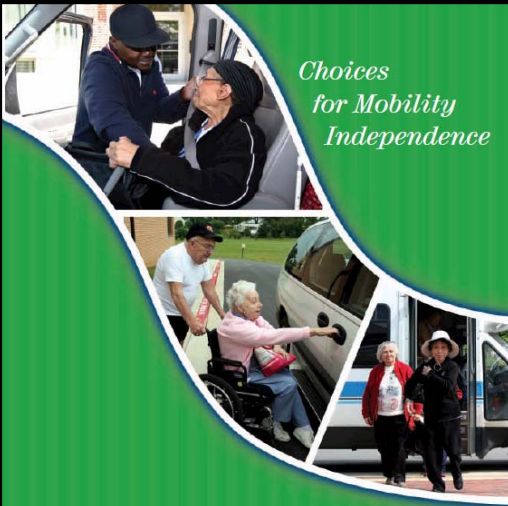
- ADA Transit Board Members Handbook
- Taxi Toolkit
- Monthly Distance Learning Events
- Soon to be released Livability Brochure
- Travel Training Courses
- Operator Sensitivity Video
- Newsletters on key topics like mobility management, youth transition, travel training
- 800# 800-659-6428 and email technical assistance

Free Resources on Accessibility and Mobility

- **Accessible Pathways** to Bus Stops and Transit Facilities: A Process Guide
- Toolkit for the Assessment of Bus Stop Accessibility and Safety
- **Accessible Pedestrian Signals**: Making Your Community Safer and More Accessible for Everyone
- **Accessible Transportation in Rural Areas**: An Easter Seals Project ACTION Resource Sheet
- **Universal Design and Accessible Transit Systems**: Facts to Consider When Updating or Expanding Your Transit System
- **Expanding Mobility Options for Persons with Disabilities**: A Practitioner's Guide to Community-Based Transportation Planning
- **Including People with Disabilities** in Coordinated Transportation Plans

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NCST Resources



*Choices
for Mobility
Independence*

Transportation Options
for Older Adults

OLDER DRIVER SAFETY AND TRANSITION FOR THE MATURE DRIVER



Are you 60 years of age or older and a driver?
Are you comfortable in all traffic situations as you were 10 or 20 years ago?
How comfortable in traffic do you expect to be in the next 10 or 20 years?

If you are completely comfortable in all driving situations, that is good news. However, you might know older drivers who are too hesitant, slow or just unable to continue driving. It can happen and, no doubt, you want to be sure this does not happen to you.


It is critically important that older drivers are as safe as they can possibly be because they will be driving on the nation's roads in increasing numbers. As the number of older adults in the United States increases dramatically in the coming decades, so too will the number of older drivers on the roads. In fact, the 29 million older drivers now will almost double, reaching 57 million in about 20 years.

Certain changes related to the aging process may make the highly complex skill of driving a car increasingly difficult. These include changes in vision, hearing, flexibility and strength. However, these changes are not consistent from one individual to another, and they do not happen at the same age in each person.

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Hanging Up the Keys?




Options When Driving Retirement
Becomes a Crisis



TRANSPORTATION SERVICES

A Guide for Seniors: Finding the Right Transportation Option for You



Older Drivers • Public Transit • Volunteer Drivers
Taxi Services • Specialized Transportation

Provided by "Your Organization"



Impact of Livable Communities on Senior Mobility

- **Health** - increased quality of life
- **Civic engagement** - volunteers
- **Socio-emotional** – empowerment, independence
- **Economic**- lower cost of health & long-term care, access to jobs
- **Society-Family** - Richness of diverse & intergenerational communities



Please Feel Free to Contact Us

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